

Lumpkin County Senior Center  
266 Mechanicsville Rd.  
Dahlonega, GA 30533  
706-864-2358

# ***Tai Chi for Health***

**Angie Elmore, Certified Tai Chi Instructor**

Benefits include improved flexibility, increased muscle strength, improved fitness and improved balance for fall prevention. Chairs will be used in this class to assist with balance as needed. Wear comfortable clothing that allows for movement.

**There will be no Beginners Class offered this session. If you are interested in attending the next Beginners Class, please see a member of the Center staff or call 706-864-2358 and your spot will be reserved.**

**Tai Chi - Intermediate**  
**(2nd 6 movements)**

**September 21 – October 26**  
**6 week session - \$15.00 no drop-ins**

**Wednesdays 9 – 9:45am**

**Tai Chi – Advanced**  
**(Beginner and Intermediate Class**  
**is a prerequisite)**

**September 21 – October 26**  
**6 week session - \$15.00 no drop-ins**

**Wednesdays 10 – 10:45am**

**Tea, light refreshments and fellowship after each class**